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BIOGRAPHY

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RECOLLECTING EXPO 86

Museum display looks back at one of the most important events in the city's recent history metroNEWS

JENNIFER GAUTHIER/METRO FILE

Affordable home ownership scheme proposed

HOUSING

City pitch for people who make between $50K-$96K

Emily Jackson
Metro | Vancouver

The City of Vancouver wants to create a scheme that would allow residents to use the words "affordable" and "home ownership" in the same sentence without sarcasm.

A city report released Wednesday outlines the city's plan to develop a pilot affordable home ownership program that would help make it possible for individuals, couples or families with annual incomes between $50,000 and $96,170 to buy homes in the city instead of being pushed out by insane real estate prices.

Details aren't finalized, but the program would involve the city purchasing about 20 per cent of a unit in a new development so the buyer — who would be subject to numerous restrictions — wouldn't have as high of a down payment or mortgage payments. If the value of the unit goes up, the resident would only get their share of the profit when they sell.

It's a ploy that Coun. Raymond Louie hopes will help keep young families who want the security of tenure — and are sick of throwing away half their income on rent — from moving to the suburbs.

"Housing costs are so high it's putting pressure on our rental stock because people just can't buy but they want to live in Vancouver, so they're renting," Louie said. "There's a whole other segment that doesn't want to rent, they want roots."

It's no wonder people can't afford to stay considering the median cost of an east side condo skyrocketed by 280 per cent in the past 30 years compared to the average income increase of just seven per cent, according to the report.

> It's putting pressure on our rental stock because people just can't buy but they want to live in Vancouver. Coun. Raymond Louie

Similar programs exist in Calgary, Toronto and the United Kingdom. But before people get too excited about actually being able to buy a place in Vancouver, the city needs to secure permission from the province to change the Vancouver Charter.

While the Charter doesn't explicitly prevent the city from a shared ownership model, the city doesn't want to move forward only to be told they can't proceed later on, Louie said.

The jury is out on whether the province intends to support the city, but the B.C. Liberal government has rejected requests in the past that would have allowed Vancouver to tax real estate speculators.

If the program does get the green light, the city will aim to create 300 affordable home ownership units in three years, at least half with two or three bedrooms. To be eligible, people must be first time property buyers that are permanent residents or citizens who have lived in the city for at least five years and are employed within the city.

Louie said they might have to create a lottery system to see who gets to buy in, as there are an estimated 30,000 households that fit the bill.

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'About time' for lasting plaza

CIVIC SPACES

Public backs city report on Robson Street traffic ban

Emily Jackson
Metro | Vancouver

Businesses and urbanists alike welcomed the City of Vancouver's push for a permanent plaza in the heart of downtown Vancouver that will close the 800 block of Robson Street to vehicle traffic.

A city report released Wednesday recommends permanently blocking traffic from the strip south of the Vancouver Art Gallery as early as this summer to create a public space as originally intended by the architect. Council will vote on whether to proceed next week.

Response to the idea has been largely positive thus far, a reaction that's far from the "war against the car" cries that rang out when the city eliminated driving lanes to build a bike lane on Hornby in 2010. Businesses also feared that the loss of traffic and parking would hurt sales.

But the Downtown Vancouver Business Improvement Association (DVBIA) has evolved in the past five years and is a fan of the idea, CEO Charles Gauthier said.

He was "pleasantly surprised" to get fairly unanimous positive feedback on the plaza from neighbouring building owners, with the caveat that the space must be programmed and needs a stewardship committee.

"It is a magnet. On a human scale, it just provides this unique place in the heart of the city for festivals, events and, yes, protest," he said.

On top of that, in the DVBIA's own survey on reimagining downtown, 11,000 respondents were vastly in favour of a plaza and "it's kind of hard to not pay attention to that," Gauthier said.

For the city's former top planner Brent Toderian, "it's about time" the city is moving forward with the idea that stemmed from the street's wildly successful closure during the 2010 Winter Olympics.

"Unlike other cities that have a great city square, we have the wonderful seawall but we've lacked a centre in our downtown," he said.

"Whether it's for moments of public celebration, protest or everyday public life, a central gathering place has value."

It's also a win for Toderian that the debate is no longer about people versus cars and is instead about people versus transit.

West End residents, particularly seniors and people with mobility issues, are concerned the rerouting of the No. 5 bus will make it harder for them to get to the central library.

"That's a real issue, but when you're thinking about sophisticated city making, you sometimes have to make tough choices," Toderian said.

City staff recommend closing the plaza this summer. The city does not intend to host another Robson Redux competition to create an installation for the space because it could be disrupted by construction on the art gallery's north plaza — that's a whole other multimillion-dollar renovation to remove the fountain — but it does recommend providing seating and tables with umbrellas.

A man walks along Robson Street last summer during the 'porch parade' installation on Robson Street. EMILY JACKSON/METRO FILE

> **When you're thinking about sophisticated city making, you sometimes have to make tough choices.**
> Brent Toderian

"There is a huge demand for Recreation Professionals, particularly working with seniors."

THERAPEUTIC RECREATION (GERONTOLOGY)

Older adults are the fastest growing age group in Canada, resulting in a growing employment need for professionals who can support and promote optimal health for this generation. The field of therapeutic recreation, especially for older adults (gerontology), is not just limited to physical exercise but activities that promote healthy living including: arts, crafts, music, gardening, games, social events, outings and entertainment. The promotion of health in older adults encompasses physical, social, emotional, cultural, spiritual and mental well-being.

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Annual heating bill: Under $60

DESIGN

Rental building already meets city's 2020 and 2050 green goals

Matt Kieltyka
Metro | Vancouver

The builder of an under-construction rental building in Vancouver says it is so efficient, heating bills could be $60 or less … a year.

The 77-unit, six-storey King Edward Villa at 1568 East King Edward Ave. was touted as the perfect model for a low-carbon future on Wednesday as the Pembina Institute, Performance Construction and City of Vancouver staff led media and planners from other municipalities on a tour of the building.

The LEED Platinum-certified development features extra insulation, air barriers, independent ventilation and heating systems in each unit, energy-efficient windows and unique framing that allows it to recapture 50 per cent of heat and light back into energy.

When finished, the 77 rental units at King Edward Villa will be among the most energy efficient in the city. **At right:** Performance Construction senior project manager Paul Warwick gives city planners and media a tour of the LEED Platinum-certified development on Wednesday. MATT KIELTYKA/METRO

The building already meets the city's 2020 goal for carbon-neutral buildings and 2050 goal for 100 per cent renewable energy buildings, said Vancouver green building manager Chris Higgis.

"The average costs of heating in each unit, and this is per year, is $60," said Paul Warwick, senior project manager at Performance Construction. "It's remarkable. It's right off the map. I'm sure there will be young people living on the middle floors that won't have any heating bill."

Warwick says until now developers haven't embraced green buildings (Higgis says there are fewer than six LEED Platinum buildings, but more are on the way) because they weren't convinced in the business case.

But tours of King Edward Villa have changed many minds, he says.

The extra cost to meet those green standards is about $8 a square foot, about as much as it would cost to install a traditional building-wide hot water heating system.

"As soon as (clients) see this model, they say, 'Yeah, we want to do the same thing.' So there's the business case," said Warwick.

The technology isn't even that complicated. It's just smart design, he said.

"What we're doing here is catching light and heat," said Warwick. "It's very simple technology. None of this is rocket science. I'd like to say this is all low-tech and it's very easy to do, you just need the business case to do it."

Higgis added that while rent — which will range from $1,200 a month for a studio to $1,800 for a two-bedroom — is comparable to other buildings, the increased energy savings will help make these units more affordable for tenants.

Staff will present a Zero-Emissions New Building Strategy to city council next month that recommends new building code and rezoning policies for the next 15 years, Higgis said.

Buildings generate approximately 11 per cent of the province's greenhouse gas emissions.

For the province to meet its climate goals, Pembina Institute director of buildings and urban solutions Karen Tam Wu said buildings like King Edward Village need to "move from the niche to the norm."

She hopes the province emulates the city's support for green buildings when it unveils its revised climate action plan sometime this spring.

"There are 23,000 green construction jobs and 14,000 green buildings in the province," she said. "It's a sector that already exists. It's a sector that we want to see continue to grow."

City planners from North Vancouver, Richmond and Surrey were part of the tour.

Construction of King Edward Villa is expected to be completed this summer.

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Bio ink put in new light

MEDICINE

UBC scientists develop tissue printing with less cancer risk

Tereza Verenca
For Metro | Vancouver

Biological 3D printing just got a whole lot safer, thanks to a group of UBC researchers.

Keekyoung Kim, an assistant professor of engineering at UBC's Okanagan campus, has developed a new type of "bio-ink" used in the 3D printing of tissues.

During stereo lithography — a 3D printing process that allows for the creation of materials on a layer-by-layer basis — cells are combined with biological ink. It then transforms into a bulkier gel-like material called "hydrogel" when exposed to light.

That gel acts like a scaffold, allowing the bone or tissues to regenerate in the desired shape.

But rather than use traditional UV light, Kim has created a new compound that reacts with conventional light — the stuff that comes out of a light projector bought from Walmart.

"UV light has been used for a long time, but it does DNA damage and causes cancer," he told Metro during a phone interview. "By developing our own bio-ink, we can create bone, cartilage and tissue without the risk that we will make the cells sick in the development process."

It's also about "10 times cheaper" to manufacture than its UV-based counterpart, Kim added.

Assistant professor Keekyoung Kim, left, examines a tissue sample with UBC research student Zongjie Wang. CONTRIBUTED

ENVIRONMENT

Runoff may have entered Stoney Creek

The operator of the giant zinc and lead smelter in Trail, B.C., says runoff water is believed to have discharged into a creek near its plant after a break in a line from an old landfill area to a treatment facility.

Teck Metals says it's not known how much of the water containing metals may have emptied into Stoney Creek.

The company says the water discharged for up to 20 minutes before it was contained.

The company says regulatory authorities were immediately notified.

A Teck statement says there is no risk to human health and an assessment of potential environmental impacts will be done.

The Environment Ministry says it is looking into what happened and will release a statement later. THE CANADIAN PRESS

VANDALISM

Police searching for pole toppler

BC Hydro and Mounties in Surrey want to find the vandal who used a chainsaw to topple four transmission poles in the city's Green Timbers neighbourhood.

The Crown utility says the poles were cut down at about 1 a.m. Wednesday, taking out power for 6,000 customers in nearby Whalley.

It's not known if more then one person was involved, but Hydro says whoever was responsible or anyone in the area faced immense danger from the fallen poles. They supported a 60,000-volt transmission line and two sets of high-voltage distribution circuits, each carrying 25,000 volts. Crews were expected to replace the damaged poles and transfer the conductors and circuits to the new poles by the end of the day.

A vandal chainsawed four transmission lines, leaving 6,000 customers without power. COURTESY BC HYDRO

Power was switched to a different distribution circuit until work completion. THE CANADIAN PRESS

ASSAULT

Woman hit with golf club

Police are asking witnesses to come forward after a man riding a bike struck a woman with a golf club in an apparently unprovoked assault April 2. The incident happened at 6:45 a.m. on Gladstone Street near Kingsway.

The attacker struck the woman in the back of the head as he rode by but a bystander scared the suspect off before he could continue.

The woman, 23, was treated by paramedics at the scene for minor injuries. The suspect is described as a white, clean-shaven man in his late 20s or early 30s. He's approximately six-feet-tall, with an average build, short, dark brown hair and a large brow. He was riding an older blue mountain bike. METRO

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Expo 86: gone but not forgotten

COLLECTION

Museum of Vancouver displaying memorabilia

Tereza Verenca
For Metro

To celebrate the 30th anniversary of Expo 86, the Museum of Vancouver has set up a small display of memorabilia.

The collection — titled Recollecting Expo 86 — belongs to Langley resident Pete Visscher. It's spread among six glass cases and includes a few hundred pins, various Expo Ernie figurines, the Expo 86 information manual, sun hats, beer cans and a deck of playing cards, just to name a few. There's even a TV in the background rolling footage from that jubilant time.

Expo 86 — the World Exposition on Transportation and Communication — attracted some 22 million visitors to the False Creek area over six months.

Expo organizers planned for 14 million visitors, but 22 million turned up. As a result, Expo merchandise ran out two months before the closing date. TEREZA VERENCA/FOR METRO

Former Vancouver city councillor Gordon Price, who served six terms from 1986 to 2002, said Expo 86 was one of the most important events that happened to the city, but at the same time, "it really wasn't all that significant."

"It really does mark a point (in history) where you can say the city was different after that, but it was a continuation of the many ideas that had preceded it," he told Metro.

The recession of the late 1970s and early '80s put many infrastructure projects on the back-burner, Price argued.

> **It set the future course for urban Vancouver.**
> Bruno Freschi, Expo architect

"Expo pushed things forward that were already proposed, but really hadn't taken off because of economic circumstances. It really marked the beginning of the great boom that occurred in the last decades of the 20th century, and really, have continued right through today," he said of projects like the SkyTrain and the Coquihalla Highway, which opened prior to the world fair kicking off.

He likened Expo 86 to a "tasting menu" of what would ultimately become the "big feast."

"We had so many projects underway at the same time. There's a lot of focus, justifiably, on Concord Pacific, but there were another five, six mega-projects that were happening simultaneously. Everything from Collingwood Village and Fraser lands, Arbutus gardens, Cole Harbour, the list goes on and on," Price explained.

Bruno Freschi, Expo's chief architect, remembers the world event as Vancouver's "coming out party" (it also happened to be the city's 100th birthday).

"It set the future course for urban Vancouver," he said during a phone interview from his Point Roberts home.

Expo was the city slowly maturing, according to Freschi.

"It's like an adolescent trying to make up its mind on what it's going to be. I think Expo gave one platform of what it could be all about, but there are many other issues that have to be addressed."

One of those issues is Metro Vancouver's heavily congested roadways, which Freschi said takes away from the simple, urban enjoyment experienced by all during Expo.

For Price, meanwhile, Expo gave the city something immeasurable.

"It gave us a lot of confidence that we're able to do this kind of thing," he said.

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WILDLIFE **WHALE'S CAUSE OF DEATH UNKNOWN** Killer whale L95R is shown in this image provided by the Center for Whale Research. The Department of Fisheries and Oceans says a necropsy performed on a killer whale found floating in a Vancouver Island inlet suggests no clear cause of death. The department says the endangered male whale believed to be L95 was in an advanced state of decomposition when it was discovered on March 30 in Esperanza Inlet. The southern resident killer whale was believed to be about 20 years old.
CENTER FOR WHALE RESEARCH/DAVE ELLIFRIT/ THE CANADIAN PRESS

Public weighs in as board faces shortfall

EDUCATION

More than 30 delegations made their case to trustees

Tereza Verenca
Metro | Vancouver

The public still has a chance to weigh in on the Vancouver School Board's preliminary 2016/17 budget and the $24-million shortfall it is facing.

A final public consultation meeting is scheduled for Thursday night at VSB Education Centre (1580 West Broadway).

A couple hundred people crammed into the first hearing at Vancouver Tech on Tuesday night. More than 30 delegations made their case to school trustees as to why certain programs and services shouldn't be put on the chopping block.

"A couple of times I was moved to tears and I had to collect myself," school board chairman Mike Lombardi told Metro, adding he didn't get home until around 1 a.m. "The silver lining that's there is that the community came out and told us why we have a world-class system and they want to keep it that way."

Lombardi said emails continue to pour in and that "the message is loud and clear."

"Vancouver parents and kids care about our schools, they care about public education and they want trustees to stand up, speak out and support public education."

> **"A couple of times I was moved to tears and I had to collect myself.**
> Mike Lombardi

VSB's initial proposal outlined a $27-million shortfall, but it has since been revised to $24 million.

Taking into consideration declining enrollment and the recent budgetary revisions, some 160 jobs are slated to be cut, including 22 secondary teachers, according to Lombardi.

A final decision will be made on April 28.

POLITICS

Premier highlights support for Trans-Pacific trade deal

B.C. Premier Christy Clark expressed her support for the Trans-Pacific Partnership trade deal during a visit Wednesday to a fish market.

Clark said the Finest at Sea market and its employees are among those who will benefit if the federal Liberal government ratifies the trade deal with Japan, the United States, Australia, New Zealand and potential growing markets in Vietnam, Malaysia and Singapore.

She says the deal will allow Canadian goods to compete in a marketplace of about 800 million people.

In a letter to International Trade Minister Chrystia Freeland, Clark's government is calling on Ottawa to ratify the deal.

Clark's Liberal government also introduced a motion in the legislature endorsing the deal.

Opposition NDP Leader John Horgan says the public deserves a greater say on the trade deal beyond the premier's endorsement.

"I'm proposing she take the opportunity to actually ask the public what they think, not to come out of her private meetings and say, 'This is going to be grand for everyone,'" he said.

Clark says if it's ratified, the agreement would mean more jobs and opportunities.

"We can't forget international trade is our bread and butter here in B.C.," she said. "It's how we built our economy."

THE CANADIAN PRESS

Crickets are shown in the cricket barn at Entomo Farms in Ontario. **Bugs might be a diet staple in most parts of the world, but the thought of munching on insects is enough to make many Canadians squirm.** FRED THORNHILL/THE CANADIAN PRESS

FOOD

'Massive value' to eating bugs

Bugs might be a diet staple in many parts of the world, but the thought of munching on insects is probably enough to make most Canadians squirm.

Yet three brothers think it's time for people in this country to get over their squeamishness and eat the nutrient-rich creatures.

"If you want your relationship with food to be one where the food you eat enhances your life, enhances your wellness and helps you live longer, then you should consider insects. And at the same time they help the planet," says Jarrod Goldin, president of Entomo Farms, which raises crickets and mealworms for human consumption in Ontario.

"If you don't care about living longer and your health and all you want to do is drink pop and eat Doritos, then God bless you, go right ahead. It's not for us to preach or try to convince.

> Being cold-blooded, they don't really feel the pain.
> Jarrod Goldin, talking about crickets

"There is a massive, massive value to eating insects, massive value, for people, for their children, for their families."

Eating insects, known as entomophagy, is a nutritious alternative to other proteins like chicken, pork, beef and even fish.

"As a source of protein, for example, weight for weight, it has twice as much protein as beef," says Goldin.

"It has all nine essential amino acids, again twice the amount of beef. It has about 30 times more B12 in it than beef does."

They emit fewer greenhouse gases and less ammonia than cattle or pigs and need significantly less land and water than cattle rearing, adds Goldin.

A 2013 report, "Edible Insects: Future Prospects for Food and Feed Security" by the Food and Agriculture Organization of the United Nations, proved inspirational to Goldin and his brothers Darren and Ryan.

By 2050, the world will host nine billion people and current food production will need to almost double, according to the report.

Yet land is scarce, oceans are overfished and climate change and related water shortages could have profound implications for food production.

The FAO estimates insects form part of the diet of at least two billion people and thousands of species have reportedly been used as food.

THE CANADIAN PRESS

Canada is more unequal for kids

EQUALITY

Report ranks this country 26th out of 35 nations

Among the world's rich countries, Canada is one of the more unequal societies for children, according to a new UNICEF report on the well-being of young people.

"In the international Olympics of child well-being, there isn't much to celebrate," UNICEF Canada said in a companion analysis released Thursday.

David Morley, president and CEO of UNICEF Canada, told Torstar News Service "we need to make some investments" because "if we make things better for our poorest children, it makes them better for our society and builds the kind of society we want to think we are."

The global report, UNICEF's Report Card 13: Fairness for Children, focused on what is called "bottom-end inequality" — how far the poorest children are allowed to fall behind the average of their peers.

It looked at the difference in four key areas — income, health, education and life satisfaction — between those children at the bottom 10 per cent of family income and those in the middle.

In 2013, Canada ranked 17th out of 29 affluent countries. In this latest study, Canada is 26th out of 35 nations.

"Canada is one of the more unequal societies for children," said the UNICEF Canada report titled Fairness for Children: Canada's Challenge. "The growing gaps suggest that life is becoming more difficult for the most excluded children as social inequality has widened."

Alarmingly, Canada has one of the highest proportions of children reporting very low life satisfaction, which is associated with poor mental health and risky behaviour.

For indigenous and racialized communities, especially, there is a sense of "being beyond the fringe, not even on the fringes," Morley said. In Attawapiskat, where the Cree community on the James Bay coast is experiencing a crisis of suicide attempts among young people, "that must be part of it," Morley said. "Those young people must feel so outside, and so without hope."

Morley praised commitments by the new federal government of Prime Minister Justin Trudeau as a solid start to closing the gaps.

The promised Canada Child Benefit, the commitment to curbing the marketing of unhealthy food and drinks to children, development of a national early years' strategy to support child care and learning, and a commitment to greater flexibility for parental leave will "all help in moving Canada's kids to the front of the pack," he said.

> **When we do make those investments that help the farthest-behind group, it helps all of society.**
> David Morley

UNICEF Canada wants all levels of government to invest more and earlier in children, improve monitoring, data gathering and get "better at listening to kids," and establish child-impact assessments that ensure child well-being and equality is at the forefront of policy planning.

Failure to address such crucial disparities creates lasting economic and social divisions that reverberate at great cost for generations, the UNICEF Canada report warned.

TORSTAR NEWS SERVICE

KEY FINDINGS

- **Most areas of child well-being** showed no improvement in Canada over the last decade.
- **The poorest children** in Canada have family incomes 53 per cent lower than the average child.
- **Boys and girls are "differently" unequal**, with boys more likely to fall behind in education, girls more likely to fall behind in health and life satisfaction.

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TEXAS

‘Affluenza’ teen gets nearly 2 years in jail

A judge on Wednesday ordered a Texas teenager who used an “affluenza” defence in a fatal drunken-driving wreck to serve nearly two years in jail, a surprising sanction that far exceeds the several months in jail that prosecutors initially said they would pursue.

Ethan Couch, who was appearing in adult court for the first time after he turned 19 on Monday, received 180 days for each of the four deaths in the June 2013 crash.

Initially, state District Judge Wayne Salvant said he would not immediately rule on how much longer Couch would spend in the Tarrant County jail. But he reconsidered his ruling after hearing an argument from prosecutors that Couch should be sentenced not to 120 days in jail for the crash, but to 180 days for each of four counts of intoxication manslaughter under a separate part of Texas code.

Couch had been facing the prospect of adult jail time as part of his probation once his case had moved out of the juvenile system. Prosecutors didn’t ask the judge to declare Couch had violated his juvenile probation by fleeing to Mexico with his mother last year.

Couch lost control of his family’s pickup truck after he and his friends had played beer pong and drank beer that some of them had stolen from a Wal-Mart. He veered into a crowd of people helping the driver of a disabled vehicle on the side of the road. Authorities later estimated that he was going 70 mph in a 40 mph zone.

THE ASSOCIATED PRESS

Ethan Couch, the teenager who used an “affluenza” defense in a fatal drunken-driving wreck was ordered to serve nearly two years in jail. MAX FAULKNER/STAR-TELEGRAM VIA THE ASSOCIATED PRESS

IN BRIEF

UN proposal aims at extremists’ use of chemical weapons

Russia and China introduced a draft UN resolution Wednesday aimed at preventing extremist groups like Daesh from developing or using chemical weapons in Syria. Officials said the proposed resolution could serve as a deterrent.

THE ASSOCIATED PRESS

China gay rights movement makes gains

A judge ruled against a gay couple in China’s first same-sex marriage case Wednesday in a landmark moment for the country’s emerging LGBT rights movement. The lawsuit comes amid more awareness of lesbian, gay, bisexual and transgender issues in China.

THE ASSOCIATED PRESS

After months of training with the neural bypass system, 24-year-old Ian Burkhart, a quadriplegic, can make isolated hand and finger movements and perform functional tasks, like grasping and swiping a credit card. He can even play Guitar Hero. AFP/GETTY IMAGES

Mind-reading system hailed as breakthrough

SCIENCE

Neural bypass system restores a patient’s use of his hand

Ian Burkhart was 19 and fresh out of his first year of university when he dove into a shallow wave on vacation with friends. He hit a sandbar and broke his neck, catastrophically damaging his spinal cord. Doctors told Burkhart he was quadriplegic: he could move his shoulders, but he would most likely never move his hands or legs again.

Three years later, in a laboratory at the University of Ohio, researchers wrapped a neuromuscular electrical stimulation cuff around Burkhart’s forearm. The cuff was connected to a “neural bypass” system, which learned to decode signals from sensors in his brain. Burkhart thought about moving his hand, and for the first time since his accident, he moved it.

After 15 months of training with the system, Burkhart can use it to make isolated hand and finger movements and perform functional tasks, like grasping and swiping a credit card. He can even play Guitar Hero.

Researchers from Ohio State University, the Feinstein Institute for Medical Research and the Batelle Memorial Institute, describing the advance in a paper in Nature published online on Wednesday, believe it is the first time a human has gained use of paralyzed muscles using signals from their own brain.

> This is something that’s working. I will be able to use my hand again.
> Ian Burkhart

That first hand movement “was really just like that flicker of hope: this is something that’s working. I will be able to use my hand again,” Burkhart said. “Right now it’s only in a clinical setting, but it’s something that with enough people working on and enough attention can be something I can use outside of the hospital, at my home, outside of the home, and really improve my quality of life.”

Researchers not connected to the study welcomed the advance, but cautioned that it could be years before technology like this might be able to help others. Burkhart underwent brain surgery to implant the microelectrode array, and his skull must be tethered to devices in a laboratory in order for the system to work.

The researchers are now focusing on shrinking the system and making it more intuitive, so Burkhart, and potentially other patients, can use it outside the lab. TORSTAR NEWS SERVICE

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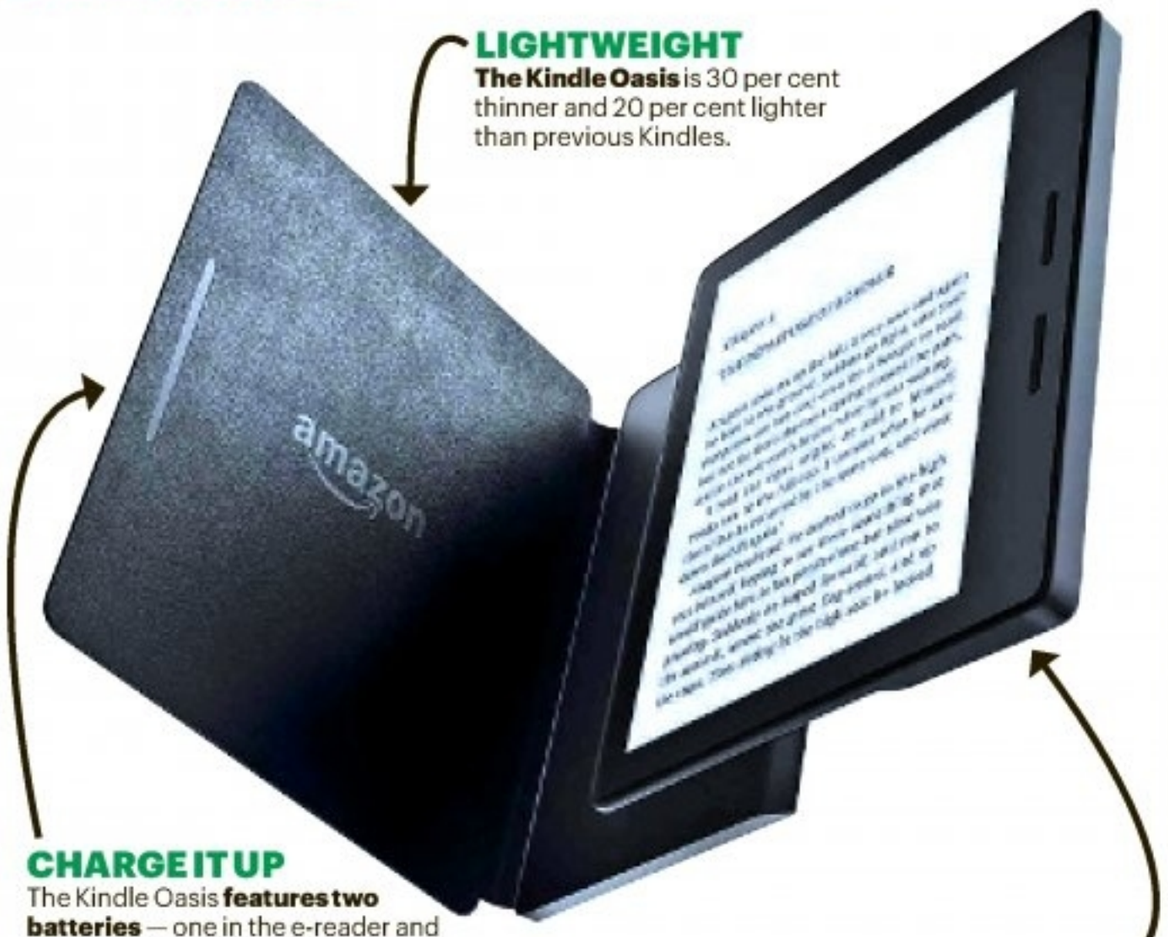
AMAZON'S NEW KINDLE

The e-commerce giant's latest e-reader, Kindle Oasis, is its smallest and lightest, and also the most expensive at $290 US. Here's what's new about the device. THE ASSOCIATED PRESS



LIGHTWEIGHT
The Kindle Oasis is 30 per cent thinner and 20 per cent lighter than previous Kindles.

CHARGE IT UP
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GET A GRIP ON IT
The device is asymmetrical, with a grip on one side for one-handed reading. If you are left-handed, you can just flip the device over.

Spending boost to spur growth: BoC

ECONOMY

Central bank projects GDP to expand 1.7%

The Bank of Canada says the federal government's multi-billion-dollar spending boost has uplifted what would have been a modest downgrade to its economic growth forecast this year.

The central bank also kept its trend-setting interest rate locked at 0.5 per cent Wednesday.

The bank expects the federal investments of about $25 billion over the next two years to more than offset the negative consequences of a slightly stronger dollar, weaker-than-expected global growth and shrinking investment in the oil sector.

It is now predicting the country's real gross domestic product to expand by 1.7 per cent in 2016, up from its January expectation of 1.4 per cent.

The bank said unexpectedly strong growth in the first three months of 2016 was partly due to temporary factors and that is expected to fade with the loonie's recent rise and slower international demand.

0.5%
The Bank of Canada kept its trend-setting interest rate at this number.

"The combined effect of all these global and domestic developments would have been a modest downgrade of the bank's outlook," the bank said in a statement that accompanied the latest release of its quarterly monetary policy report.

"However, the fiscal measures announced in the March federal budget will have a notable impact on GDP."

It is now predicting first quarter GDP to register 2.8 per cent, up from one per cent. It's also anticipating one per cent growth in the second quarter of 2016, down from the January forecast of 2.2 per cent.

Using the same baseline numbers in Ottawa's recent budget, it projected federal and provincial government spending to combine to contribute 0.5 percentage points to growth this year and 0.6 percentage points in 2017. The impacts of provincial measures are expected to be minimal.

But even with the government lift, the bank lowered its 2017 growth projection to 2.3 per cent from 2.4 per cent. That's because non-resource exports, while strengthening, aren't expected to be as robust as previously thought due to the recent increase in the dollar.

Following the announcement, CIBC chief economist Avery Shenfeld wrote in a note that governor Stephen Poloz had no choice but to raise the 2016 forecast since his boss, Finance Minister Bill Morneau, has been "touting the benefits of fiscal stimulus" and because the economy saw surprisingly sturdy GDP growth in December and January. THE CANADIAN PRESS

SEATTLE

Welcome to the dog days of food trucks

Stand on any block around lunchtime near Amazon.com's downtown Seattle headquarters and there are two common sights: people walking their dogs and people buying lunch at food trucks.

The scene offers a window into Seattle's infatuations with dogs (and cats), which outnumber children here, and the maturing roaming food truck market.

Now, one truck is combining both by catering to humankind's best friend.

"It kind of seems natural that now that we've conquered the people food truck market that we bring that to our faithful furry friends," Janelle Harding said.

Harding is a customer of The Seattle Barkery, a food truck that serves dogs and their owners in Seattle-area dog parks, office building parking lots, farmer's markets and private events. It rolled into operation 10 months ago.

"I think there is definitely a market for more things like that. Where human and canine activities are combined. You don't want to always leave them at home or leave them in the car," said Dawn Ford, who owns and operates the truck with her husband, Ben.

By Dawn Ford's count, their truck is one of just a handful in the country that caters to canines. The concept is new and rare enough that dogless people occasional misunderstand and purchase a treat.

"They end up ordering something, and they seem weirded out by it," Ford said.

Popular offerings include air-fried chicken feet and duck neck, cupcakes with bacon rebranded "pupcakes," mini cheesy doughnuts, pumpkin pretzels and peanut butter-banana cookies.

Giving dogs homemade treats rather than processed ones is deeply important to Ford.

"What we feed our animals reflects their health," Ford said. "Animals' lives are short. If we can feed them good quality products. Why wouldn't you?" THE ASSOCIATED PRESS

Maya, an Australian cattle dog mix owned by Meagan Dumford, eyes treats in a food truck specializing in treats for dogs in Lynnwood, Wash. TED S. WARREN/THE ASSOCIATED PRESS

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Your essential daily news
Thursday, April 14, 2016

CHANTAL HÉBERT ON MULCAIR'S CURIOUS CONVENTION

Given the result of the vote, most leaders would have issued a terse farewell and been on their way. But Mulcair offered to be the party's caretaker for up to two years.

By the time he stood at the podium to address the NDP convention Sunday morning, Thomas Mulcair must have known he was in deep and likely irreversible trouble

It took little more than a minimum of political acumen to pick up the negative signals that preceded the vote on whether to seek a new leader. Mulcair did not lack for antennas in the corridors of the convention.

Upon arrival in Edmonton on Thursday, a longtime NDP insider told me Mulcair could hope at best to win the vote with 55 per cent. The support of such a slim majority of delegates would have left him well short of the mark he needed to reach to have the legitimacy to stay at the helm. Presumably, the outgoing leader had access to the same sobering assessments of his prospects.

If he ever had any illusions that the 70 per cent-plus confidence vote he was seeking was in the bag, he had to have lost them some time before he finally faced the music on Sunday.

As the convention progressed, Mulcair and his team must have noted that things were taking a turn for the worse. The momentum for a leadership campaign grew with every passing hour, with fewer and fewer New Democrats willing to challenge the case for replacing the leader.

A politician as seasoned as Mulcair wouldn't have thought a single speech would turn the tide or that the meandering address he was about to deliver was up to such a Herculean task.

It is even harder to imagine his inner circle did not at least present him with options that would have spared him a public humiliation and, possibly, left him with a shot as keeping his job.

In the weeks, days and hours leading up to the vote, Mulcair was still in control of his destiny. On the way to the podium, he still had course-altering alternatives at his disposal.

As late as last week he could have signalled his intention to oversee a 24-month transition to a successor. In the summer of 2002, then-prime-minister Jean Chrétien did just that, setting a date for his retirement more than a year before his actual departure rather than fend off an attempt to drive him out at a Liberal national convention. That paved the way to a dignified exit.

Alternatively, there was a middle ground between losing the vote and stepping down to pre-empt it.

Even as late as Sunday morning, Mulcair could have regained control of the agenda by telling delegates he had resolved to ask the party to organize a leadership convention and planned to run for his own job.

After all, even in the best-case scenario, a decent score on the weekend would have signalled only the beginning of another campaign to survive another convention vote in two years. Would it have been worse to take on real-life rivals in a full-fledged contest than to spend the next few years fighting shadows?

Yes, former Tory leader Joe Clark and the Canadian Alliance's Stockwell Day both took that particular route and it led them to a wall. But every situation is different. As the prospective leadership field looks now, Mulcair would have stood head and shoulders above the competition.

As time went on this weekend, it became less and less clear what the NDP leader's end game was.

It would have made strategic sense for Mulcair to allow, as he did, events to take their course to their inevitable conclusion on Sunday if he has come to simply want to put the leadership chapter of his life behind him. But it seems the opposite is true.

Given the result of the vote, most party leaders standing in his place would have issued a terse farewell and been on their way to pursue less thankless challenges. Instead he immediately offered to act as the party's caretaker for up to two years.

Mulcair must be a glutton for punishment. Some even believe he could be amenable to being drafted to run for the job he just lost. That sounds crazy but no more so than some of the choices made in Edmonton. Rational calculations — as recent events have demonstrated — are not always at the root of political decisions.

Chantal Hébert is a national affairs writer. Her column appears in Metro every Thursday.

As time went on this weekend, it became less and less clear what the NDP leader's end game was.

THE MICROTREND: Riding in cars without boys

If you think this whole ride-sharing fad is going away any time soon, you're in for a pretty long wait. We're deep in the Uber era and nothing the taxi industry or municipal governments do will change that. On the other hand, nothing that Uber, Lyft, et al do will change the indisputable and chilling fact that female riders and drivers have been harassed, some have been physically harmed and many feel unsafe. In this light comes Chariot For Women, a startup ride-sharing service with an almost elegantly simple solution: No men allowed. When the service debuts in Boston next Tuesday, all drivers will be female, and no ride requests from males over 13 will be accepted. Transgender women will be welcome to use the service. SOURCE: VOX

ROSEMARY WESTWOOD

On reserves, the state of emergency never actually ends

If 11 suicide attempts in a day in a community of 1,500 people isn't a state of emergency — as declared by Attawapiskat's chief on Saturday — nothing is.

Certainly, alarm at the crisis in the northern Ontario community has been widespread, among indigenous, provincial, and federal leaders, national and international media.

But by their very nature, states of emergency are last-ditch efforts for help. They are short-term, flashes-in-the-pan of attention.

Flying in band-aid resources, such as non-permanent counsellors, to handle the fallout is certainly necessary. But everyone knows it offers zero long-term hope.

Indigenous suicide is not like flood waters that will recede. They have not appeared like a freak storm. It's a persistent and devastating phenomenon which must be actively scrubbed from indigenous communities, along with the idea that responding to a state of emergency is in any way sufficient.

It is not. To begin with, an indigenous state of emergency isn't very powerful. For the federal government, a state of emergency frees up power and money to be wielded at the government's whim. For reserves, a state of emergency is a cry for help, from a disempowered group to a powerful one. It doesn't grant a reserve more power or wash it in money.

Nevertheless, states of emergencies have become the crutches of government, the method by which ministers express concern for indigenous lives, the mechanism for meagre resources. The reliance on states of emergency almost presupposes the cyclical nature of various crisis on reserves, the pendulum forever swinging from bad to very bad.

It is particularly vile that states of emergencies on reserves are almost synonymous now with suicide spikes. And yet, suicide is not what states of emergency were designed for — at least according to the government's own documents. While fires and floods and all manner of natural disasters are mentioned in INAC's Emergency Management Plan for states of emergency on reserves, suicide is not. And while the policy rightly gives equal weight to preventing emergencies as to responding to them, we can see how effective suicide prevention has been.

I wish we could recast "states of emergencies" into more accurate language. Like: "spike in suicides higher than the regular, terrible suicide rate stemming from centuries-long discrimination and also a lack of humane, basic services, like water." Or: "state of crisis even more severe than usual, warranting extra media/government attention until it subsides back down to the usual state of crisis."

At least then the hypocrisy would be clear.

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INTERVIEW

Biography follows her life long before campaign trail

Getting schooled on Hillary's history

With another Clinton running for the U.S. presidency, a new release about her life is timely.

Hillary Rodham Clinton, A Woman Living History, by Karen Blumenthal is categorized as a Young Adult book, but like so many YA books is sophisticated, clear and completely suitable for adults.

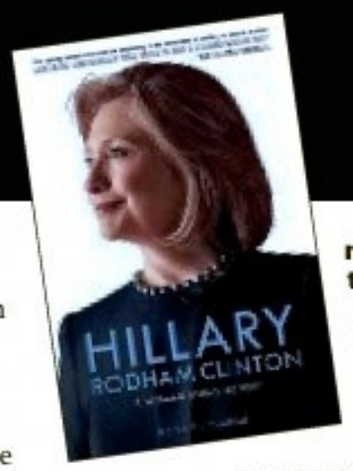
This Q&A with author Karen Blumenthal reveals just how sophisticated the insights in the biography are.

You quote Mario Cuomo, former governor of New York, who said "You campaign in poetry. You govern in prose." You note Hillary has the prose part down but her campaigning lacks finesse.

I was so excited when I found that quote. It had been used in a different context, to describe Bill Clinton, who is the master of poetry in campaigning, perhaps the best campaigner of my generation. But it spoke to me in terms of Hillary. She is very good at the prose but she has even admitted she isn't a natural campaigner.

Hillary has always realized that about herself. When she became the governor of Arkansas' wife she began to understand that she couldn't do certain things.

That is one of the more revealing sections about her in the book. She gave a speech that is very powerful where she talks about thinking how they would both go off to work together in the morning. She would go to her law office and he would go to the governor's office. And they would return for dinner and talk about their day, just two professionals in a marriage.



As smart as she is, she had to learn that being a politician's wife is not the same as being a lawyer's wife.

She has so much baggage, not just the stuff that Bill has loaded on her for years, but her own issues: using her personal email for government work while she was secretary of state, for example.

She certainly does things that seem dumb, for lack of a better word. She does seem to lack savvy. What would you expect the outcome would be of using your personal email (for work purposes) or of refusing to engage with the press? Those were not accidental choices, those were very intentional choices. Those things have created trust issues that are real.

Hillary has wanted to be president for a very long time. It's interesting that the wife of a former president is running for the same office he held.

She is not just a president's wife. She is a highly competent, highly qualified female politician whose life was really changed by her time in the White House. That was her transformative moment, to go through the Monica Lewinsky scandal as the partner of Bill Clinton.

To me the most interesting moment, and I didn't know about this until I started researching, but six weeks after Bill went public and admitted to the nation and to her that he lied, some Democratic women show up at her office, not to console her or support her, but to tell her they need her to get on the campaign trail because Bill Clinton is not going to help the Democrats through the 1998 (midterm) election.

She goes to help these candidates get elected. Out of that experience she realizes she is not just a first lady, she is a politician in her own right. And after that she becomes senator, she becomes a presidential candidate, she becomes secretary of state. This is a whole different dynamic than we have seen from any first lady.

She does seem to be a magnet for controversy.

One of the reporters who followed her in the New York (Senate) campaign had an interesting observation: "When she answers questions you don't feel you are getting the whole answer." I don't think she thinks she is holding back; I think she does think she is answering. There is a discomfort for people who believe politicians can't be trusted.

I want to go back to your question about what did surprise me researching this book. I didn't expect that I would be covering the history of the last 50 years. Her life has almost been a front row of history.

As a teenager she meets Martin Luther King in the 1960s; she was at college from 1965 to 1969, at the beginning of the women's movement, the middle of the civil rights movement, the escalation of the war in Vietnam. She is in New Haven, Conn., (studying law at Yale) when the Black Panthers go on trial there.

She works for the Judiciary Committee looking into the impeachment of Richard Nixon. She is the first lady during the Oklahoma bombing and a New York senator during 9/11. Telling her story is telling the history of America in the last 50 years. TORSTAR NEWS SERVICE

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Beyond the role of 'Mexican Hooker #1'

CARMEN AGUIRRE

Author transcends her trauma in new memoir

Sue Carter
For Metro Canada

It seems appropriate to be speaking to Carmen Aguirre while she's out on the road. But her hotel room in London, U.K., where she is in town for a book tour, is a world away from the nomadic childhood she spent on the move after General Augusto Pinochet's brutal 1973 coup forced her family to flee their home in Chile.

Aguirre's first memoir, the best-selling Something Fierce: Memoirs of a Revolutionary Daughter, documented her family's years on the run, followed by her own decision at age 18 to join the underground resistance against Pinochet. In 2012, Something Fierce won CBC's books competition Canada Reads, in what was perhaps its most controversial and heated debate to date, when a panelist, Quebec lawyer Anne-Francis Goldwater, declared Aguirre a "bloody terrorist."

While it's clear from Goldwater's comment that it's difficult for many to empathize with what it must have been like to witness that kind of violence at such a young age, Aguirre's recollections in the book of being a teenager — coveting the cool pair of shoes and wanting to hang out with cute boys — also made her story relatable as a coming-of-age tale.

Sadly, there will be readers who relate to some of the themes and events in her follow-up memoir, Mexican Hooker #1: And My Other Roles Since the Revolution, which details her life after a horrifying attack at age 13 by John Horace Oughton, the serial rapist known as Vancouver's Paper Bag Rapist.

When Aguirre initially set out to write Mexican Hooker #1, published by Random House Canada, she says she wanted to "explore her creative journey" as a performer, playwright and theatre director.

"I had no intention of making the rape the focus of the book," she says. But her growth as an artist was in many ways directly connected to the trauma she experienced as a child.

> **I had no intention of making the rape the focus of the book**
> Carmen Aguirre

Aguirre knew she wanted to be an actor since she was three years old, after her parents took her to a circus and she became mesmerized by a performer riding on a galloping white horse. It wasn't until years later, at theatre school in Vancouver during an intense acting class, that she had a flashback so powerful the director insisted she enrol in therapy.

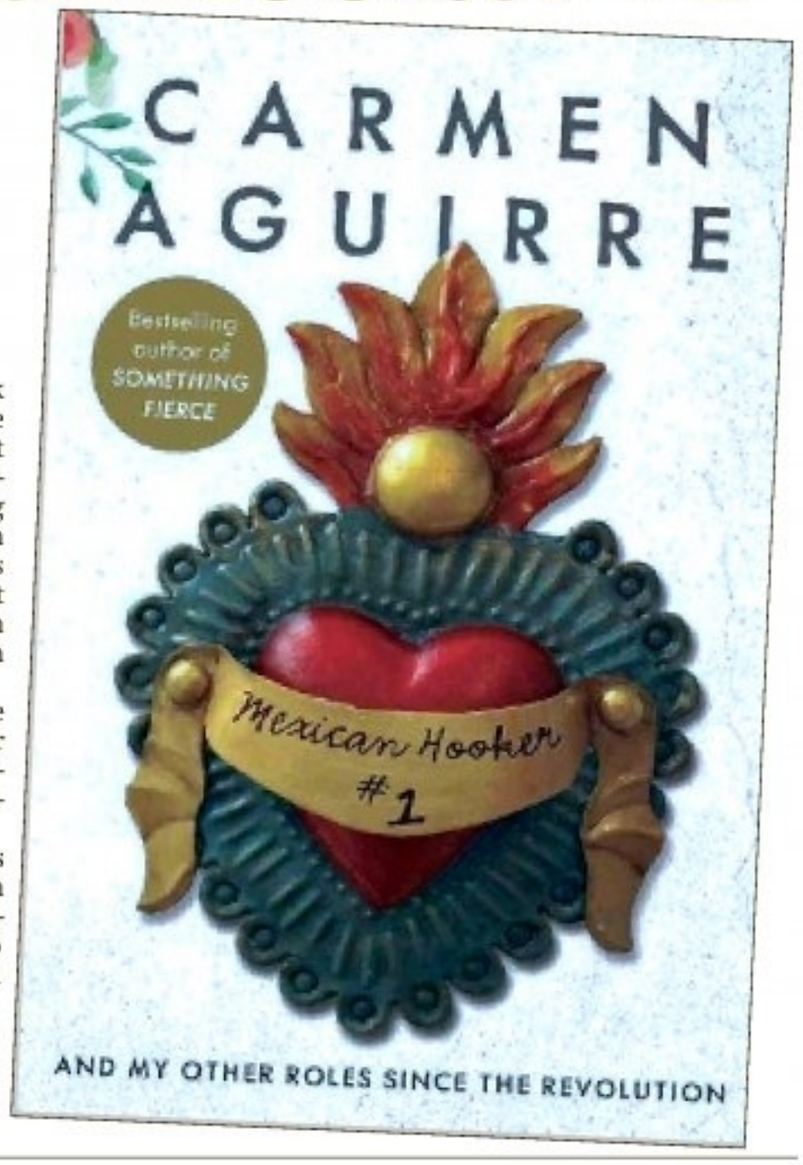
After years of work, both personal and professional, Aguirre found strength in the theatre, choosing to develop her own productions rather than being cast in stereotypical roles for Latina women, like Mexican Hooker #1, and as a workshop facilitator, helping others to overcome trauma through dramatic arts.

It seems appropriate that Mexican Hooker #1 also travels back and forth in time, as Aguirre slowly and deliberately lays out the details of her rape and recovery, and finally her astonishing face-to-face confrontation with Oughton more than 30 years later, which she says has left her feeling more compassion for the man most would deem a monster.

And although she didn't write the book as therapy for herself or others, she has already been approached by other victims wanting to share their experiences.

But ultimately, Aguirre says Mexican Hooker #1 is more than just a single story and a reminder that there's much more to this woman than her past as a teenage revolutionary or rape survivor.

Sue Carter is the editor at Quill & Quire magazine.



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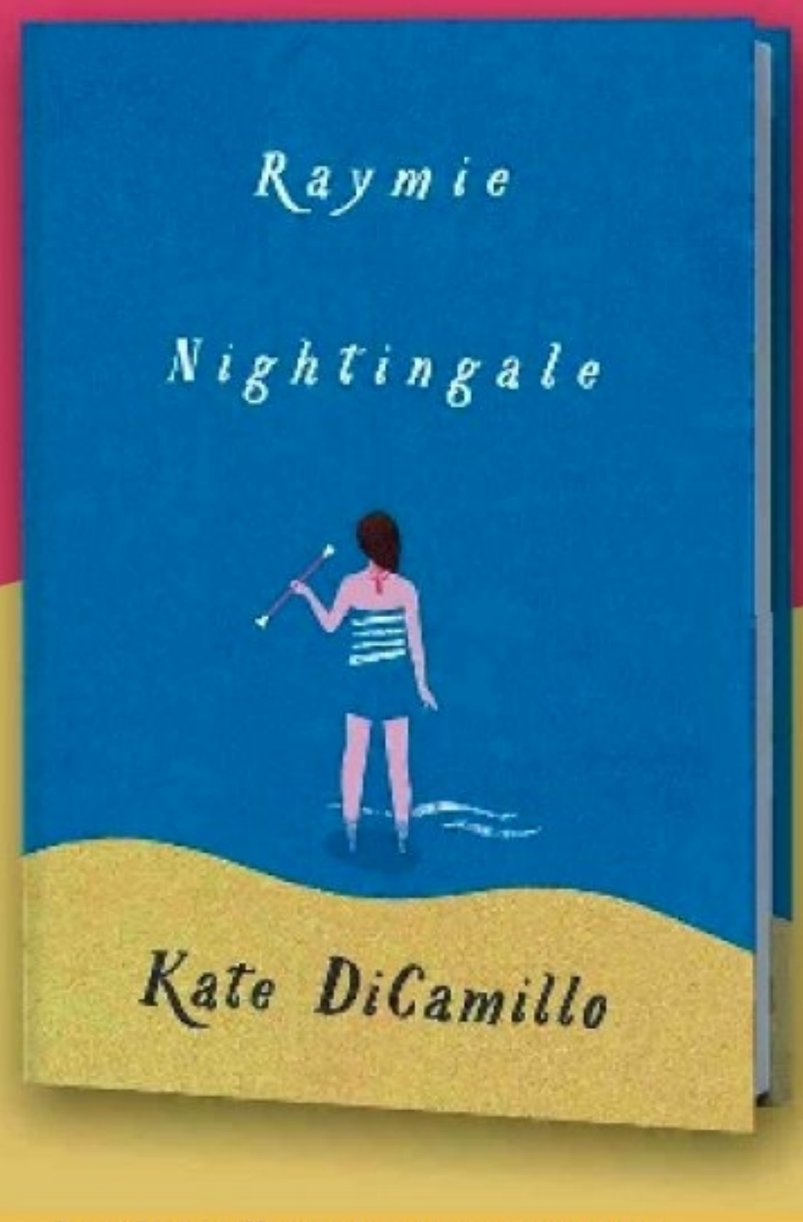

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Forget love — monogamy came from the health threat of STIs

RESEARCH

Scientists believe pairing up provided benefits

Why did humans become monogamous, apparently rejecting the promiscuity that is natural to most animals?

Was it morality? Religion? Maybe love?

The answer is germs, researchers said Tuesday, arguing that the havoc caused by sexually transmitted diseases (STIs) convinced our ancestors it would be better to mate for life.

A research duo from Canada and Germany observed that STIs flourished among large groups of people living in the villages, towns and cities that arose after prehistoric hunter-gatherers settled down to farm.

Left unchecked, spreading diseases can affect individual fertility and a group's overall reproduction rate.

Falling population numbers would force a rethink of sexual behaviour — which in turn gives rise to social mores.

The researchers developed a mathematical model of hunter-gatherer demographics and likely STI spread among them.

They used it "to show how growing STI disease burden in larger residential group sizes can foster the emergence of socially imposed monogamy in human mating."

Socially imposed monogamy in human mating has long been considered an evolutionary puzzle according to researchers. ISTOCK

In small groups of no more than 30 individuals, with no chance for epidemic spread, STI outbreaks are generally short-lived, the team said.

The reduced risk may explain why small groups, both among early humans and today, are often polygynous (when men have more than one partner).

Socially-imposed human monogamy has long been considered an "evolutionary puzzle," according to the research duo.

It requires societies to put in place checks and structures — a police and court system, for example — to uphold societal mores.

"Yet, many larger human societies transitioned from polygyny to socially imposed monogamy beginning with the advent of agriculture and larger residential groups," said the paper.

That riddle may now be solved.

The research showed that our natural environment, with factors such as disease spread, "can strongly influence the development of social norms, and in particular our group-oriented judgements," study author Chris Bauch of the University of Waterloo said.

AFP

IMPACT OF DRUGS

Even if drugs were to eradicate STIs, humans wouldn't become wildly promiscuous, according to Bauch.

"Modern societies are more complicated ... and there is probably more than one reason that explains socially imposed monogramy.

"I think it is premature to speculate that marriage will disappear ... if we solve the problem of STIs," he added.

POLICIES

Women face gap in health care access

Women are underserved by the health care system in comparison to men, warn officials at the Women's College Hospital (WCH) in Toronto.

Calling this problem "the health gap," WCH president Marilyn Emery says it "significantly impacts women's health and their quality of life."

In their research, WCH identified several gaps in the way women receive health care and treatment. In health care research, women's unique needs are often ignored — they have different risk factors for some diseases and respond differently to some drugs — but until the 1990s there was no requirement to include women in clinical drug trials.

In cardiac health, more women than men die each year from heart disease, yet make up only 35 per cent of patients in cardiovascular research.

Women also receive less effective treatment for mental health and chronic conditions.

"The health gap is a very real threat to the well-being of women everywhere," says Katherine Hay, president of the Women's College Hospital Foundation.

WCH has spearheaded the Women's Cardiovascular Health Initiative — the first comprehensive assessment and lifestyle program for women with heart problems. They also offer the Women's Mental Health Program, which deals with mental health issues unique to women. METRO

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JOHANNA SCHNELLER **WHAT I'M WATCHING**

Tina Fey's genius shines through

THE SHOW: Unbreakable Kimmy Schmidt, Season 2, Episode 5 (Netflix)

THE MOMENT: The show tunes

Titus (Tituss Burgess), a would-be cabaret performer, commandeers a discarded piano, and anything his roommate Kimmy (Ellie Kemper) or their landlord Lillian (Carol Kane) say prompts him to sing snippets of little-known musicals.

"That reminds me of the Helen-Keller-inspired but unauthorized musical Feels Like Love," he says, then croons, "Does he even see me, is he screaming my name? Is this him or a mop or a chair or a cop — sad to say but to me feels the same."

Later he sings a lament ("If I had my way, Richard, I would die alone, eaten by birds, digested by birds, shat out by birds, alone") from "Steven Sondheim's Pinocchio;" and duets with Lillian from "Gangly Orphan Jeff, the ill-fated musical that opened six days after Annie."

Free of the bunker plots that dominated season one, show creator Tina Fey is now concentrating on the subject dearest to her heart: New York City and the eccentrics who populate it. Especially the plucky but deluded people who orbit the fringes of show biz. Fey's genius is taking something we accept as normal, and showing us how odd it is. And the lyrics are hilarious.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

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Mental-health charity slams Stephen Fry

In a critical statement, the mental-health group Mind said Stephen Fry was 'giving his own views ... on freedom of speech.'

GLYN KIRK/AFP/GETTY IMAGES

CONTROVERSY

British comedian told rape victims to 'grow up'

Rebecca Williams
Metro Life

Mental-health charity Mind has responded after comedian and actor Stephen Fry made comments about "self-pitying" rape victims.

The charity, of which Fry is a honorary president, released a statement urging assault survivors to seek help, adding "Abuse is incredibly serious and can have devastating consequences for survivors, particularly for their lifelong mental health."

Fry made the comments in an interview with Dave Rubin, where he told rape victims to "grow up" because self-pity is the "ugliest emotion in humanity."

"It's a great shame and we're all very sorry that your uncle touched you in that nasty place — you get some of my sympathy, but your self-pity gets none of my sympathy," he added.

The conversation began on the subject of the Cecil Rhodes statue that Oxford University students have attempted to get removed, but the topic quickly gave way to more of Fry's general views on censorship, where he spoke out against the idea of trigger words and safe spaces.

"There are many great plays which contain rapes, and the word rape now is even considered a rape," he said.

Fry's comments received backlash on social media — not the first for the 58-year-old British actor, who quit Twitter earlier this year.

Mind said they would be discussing their member's concerns with Fry, who they say "was speaking in a personal context, giving his own views as part of a longer discussion on the subject of freedom of speech."

"We're all very sorry that your uncle touched you in that nasty place — you get some of my sympathy, but your self-pity gets none of my sympathy

Stephen Fry

Eat a slice of pizza, run 43 minutes

PUBLIC POLICY

Scientists want you to know what it takes to burn off food

British researchers say "activity equivalent" calorie labelling could be a new way to tackle obesity — but some Canadian health experts are raising red flags about the recommendation.

In a 2016 report, the Royal Society for Public Health suggests the food industry produce packaging showing both the number of calories and the time needed to burn the calories through certain types of fitness, such as running or walking.

On average, consumers spend around six seconds looking at food before buying it, notes the report, and calories are the type of nutritional information most people look for.

"This means front-of-pack information should be quick to understand and utilize calorie information in a way that can positively influence behaviour change," says the research team.

Obesity medicine expert Dr. Yoni Freedhoff says the poll-based research might actually have the opposite effect. "I'm not sure giving people a justification for consuming ultra-processed junk food is a good idea," says the University of Ottawa assistant professor. "I think some people will take this as a license to eat because they've exercised."

The labelling would also need to be tested on a trial basis — beyond just a poll — to ensure it wouldn't have a negative effect, he adds.

Abby Langer, a registered dietician and owner of Abby Langer Nutrition in Toronto, says the label concept might be more eye-catching and easier for people to understand, but could lead to some less-than-healthy choices.

"The focus on calories implies that calories trump quality," she says.

"A lower quality food may have fewer calories than a higher quality food, but I would still rather someone choose high quality food. Calories are not all created equal."

The report stresses the high number of U.K. adults who are overweight or obese — and it's a similar scene in Canada. One in four adult Canadians have clinical obesity, according to the Canadian Obesity Network, meaning 6 million Canadians are living with obesity.

So could labelling with calorie-based fitness minutes make a difference in obesity rates? Freedhoff doesn't buy it.

"It just perpetuates this notion that the only purpose of the gym or your running shoes is so you can eat more," he says.

"But exercise is about preserving your health."

TORSTAR NEWS SERVICE

> **I'm not sure giving people a justification for consuming ultra-processed junk food is a good idea** Dr. Yoni Freedhoff on a proposed new labelling system for food

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13 min running
LARGE PIZZA (1/4 PIZZA) 449 CALORIES
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43 min running
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1 hr. 22 min walking
42 min running
STANDARD CHOCOLATE BAR 229 CALORIES
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Four steps to getting your first mortgage

PRE-APPROVAL

Some tips to take the pain out of the process

Camilla Cornell

Getting pre-approval for a mortgage is the first step toward making your home-buying dream a reality. But it can be a daunting prospect, according to a 2015 survey by Ipsos Reid, which found 57 per cent of British Columbians would rather get a flu shot than shop for a mortgage.

Here's a step-by-step guide to take the pain out of the process.

Getting pre-approval for a mortgage is the first step toward making your home-buying dream a reality. ISTOCK

Step 1

Know the difference between pre-qualifying and being pre-approved. If you're serious about buying, you need pre-approval, says Dilys Harrison, vice-president of community lending for Meridian Credit Union. Lenders will sometimes 'pre-qualify' you by offering a ballpark estimate of how much mortgage you can afford to take on.

But unless you actually provide financial information, you haven't been pre-approved. "Pre-approval gives you the peace of mind of knowing how much you can afford and what kind of rate you can get on a mortgage," she said.

Step 2

Get your paperwork in order. The lender will want to see photo identification, as well as proof of income to ensure you can carry the mortgage. If you have a salaried job, you can bring a letter of employment, an income tax return or a recent pay stub, says Scott Westlake, a mortgage broker and founding partner of Denova Group.

But if you're self-employed the lender will ask for several years of income tax returns to get an idea of the fluctuations in your income. "And if you're reliant on bonuses or commission income, they'll want to see consistency," Westlake said.

As well, advises Harrison, tally any assets, including your car, your RRSPs, TFSAs and other investments. Getting a donation from the bank of Mom and Dad? Don't forget to get a gift letter.

On the opposite side of the coin, you'll need a record of debts for student or car loans, or on credit cards. Lenders generally want to ensure basic housing costs and all other debts don't account for more than 40 per cent of your income, said Harrison.

Step 3

Be aware of your credit score. Your credit score measures your credit-worthiness based on your past dealings with lenders. It can range between 300 and 850, with higher scores indicating lower risk. "If you've got a credit score lower than 680, we start having some concerns," said Westlake. If you're at least aware of the issue, you can focus on making it better by paying down debt, cutting down on the number of credit cards you hold, making payments on time, and at least making minimum payments, he says. To get your credit score, contact Equifax (consumer.equifax.ca) or TransUnion (transunion.ca).

Step 4

Stress-test your mortgage. "Rates are very low right now and that's great," said Harrison.

"But it's always good to run some numbers and say, 'If rates went up by one per cent, would I still be able to afford this mortgage?'" She also suggests taking into account additional expenses, from closing costs to property tax, utilities and maintenance.

Even with record-low mortgage rates, assess the pros and cons of refinancing your mortgage before taking the leap. ISTOCK

Questions to ask before refinancing your home

With record-low mortgage rates, it's a good time to consider refinancing your mortgage, says Kim Gibbons, a mortgage broker with Mortgage Intelligence.

Gibbons recently had clients who increased their mortgage by $85,000 to build on an extra room and update the home they purchased three years ago. The good news: while they had to pay just over $3,000 in fees to break their current mortgage, the interest rate had dropped by 0.5 per cent, so their mortgage payment stayed almost the same.

People refinance their homes for many reasons, among them: funding renos or a down payment on another property, buying a spouse out of the marital home, paying a child's university bills, building a basement apartment and consolidating debt.

But before taking the leap, it pays to carefully assess the pros and cons, says Gibbons. Here are three key things to consider:

What is the penalty?

You'll pay a penalty to the lender for ending the mortgage contract sooner than agreed. The amount can vary widely, but as a rule of thumb, banks have higher penalties than non-bank lenders," said Gibbons. Other variables include whether you have a fixed-rate or variable-rate mortgage, how much you still owe, the term remaining on your mortgage and the interest rate now compared to when you signed on.

With a variable-rate mortgage, for example, you typically pay three months' interest charges to break the contract, so it might cost you a few thousand dollars. At the other end of the spectrum — assuming you have a fixed-rate mortgage with a bank — you might well pay tens of thousands of dollars. "I help clients figure out if it's worth their while to break the mortgage," said Gibbons.

What fees will I pay?

You'll need either a lawyer or a title transfer company to pay out the existing mortgage. "I typically guesstimate about $800 to $1,000 for that," said Gibbons. In addition, you'll pay a discharge fee from the current lender of anywhere between $280 and $370. Keep in mind that sometimes lenders have promotions to cover the cost of the title transfer costs and the discharge fees.

Am I getting a lower rate?

If you've got a really good interest rate and you're going to be moving to a higher rate, you may be better off to stay where you are.

"Five years ago, people were getting variable-rate mortgages at almost half a per cent lower than today," said Gibbons. Fixed-rate mortgages, on the other hand, are at a record low. "I have clients that were at 3.09 per cent on a five-year fixed mortgage," she said. "And they're aiming for a 2.49 per cent rate."

Of course if you're refinancing to pay off credit card debt (with rates of nine per cent to 29 per cent), you may well benefit from even a slightly higher rate.

Will I qualify?

Especially if you're refinancing in order to pay off debt, the lender will want to be reassured you have the income, assets and credit history to be a good risk. So if you've lost your job, gone from full-time employment to a contract position, or torpedoed your credit score since you initially qualified, you probably don't want to break your current contract. And keep in mind, "you can only refinance up to 80 per cent of the value of the home," said Gibbons. **CAMILLA CORNELL**

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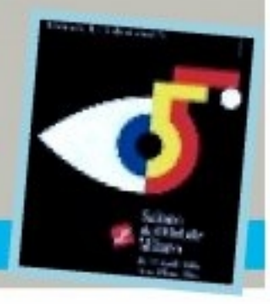


MEET THE CONDO

The freedom to make it your own

CONTRIBUTED

Project overview

There are only eight units left at Amanti on Welcher. This condominium has plenty of natural lighting with its big windows. Its open-floor plan gives residents the freedom to make the urban-designed space their own. Construction of this West Coast contemporary condo will be completed next month.

Housing amenities

Whether it's quartz countertops, nine-foot-high ceilings or a spacious balcony, Amanti has it all. Residents can expect a premium stainless steel package in the kitchen, oversized vanity mirrors in the bathroom and high-resistance, laminate flooring in a merbau or ebony walnut finish.

Location and transit

At Amanti, residents will be minutes away from the Evergreen Line and major bus stops, connecting them to other parts of Metro Vancouver. Commuters can also hop on the West Coast Express for a 45-minute ride to downtown Vancouver.

In the neighbourhood

Amanti is blocks away from the Traboulay PoCo Trail, which runs 25 kilometres around the entire community. The neighbourhood offers a mix of family-run shops and restaurants, as well as mainstream names such as Safeway, Costco, Canadian Tire and Walmart. There's no shortage of schools and parks either.

NEED TO KNOW

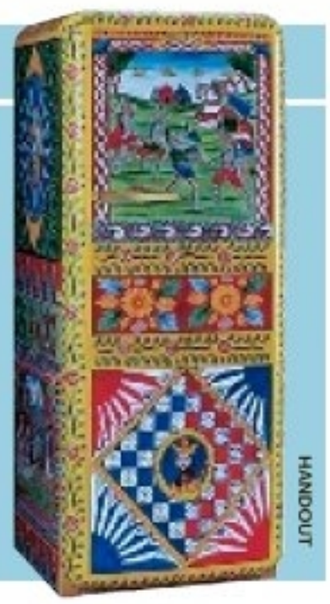
What: Amanti on Welcher
Builder: Dena Construction Ltd.
Location: Port Coquitlam
Building: A four-storey, wood-framed building
Sizes: From 508 square feet to 885 square feet
Pricing: Starting in the $205,000s
Model: Studios, one bedroom and one bedroom and den remaining
Status: To be completed May 2016
Occupancy: Starting May 31, 2016
Sales centre: 2288 Welcher Ave.
The show suite will be in building as of April 20, 2016
Phone: 604-475-3220
Website: amanti.ca

HOME FRIDGES

Dolce and Gabbana collaborate on a refrigerator with Smeg

Dolce and Gabbana have teamed up with domestic appliance manufacturer Smeg to create a fashionable line of designer refrigerators.

According to Vogue, the limited-edition designs will be available in just 100 units, each of which will be hand painted. AFP



HANDOUT

RETROSPECTIVE

Lumière celebrates 25 years

Alongside the Milan Triennale and the Milan International Furniture Fair, the Italian design manufacturer Foscarini will be celebrating 25 years of the Lumière lamp, one of its most iconic pieces.

For this milestone anniversary, the firm is holding an exhibition, until April 30, dedicated entirely to this classic of lighting design. In 1990, the designer Rodolfo Dordoni created a tabletop light, presented as a modern take on the classic lamp shade.

This was the Lumière, a now iconic table lamp with a blown-glass shade and a three-legged aluminum frame.

To celebrate the lamp's 25th anniversary, Foscarini is holding an exhibition dedicated to this design classic, scheduled to run alongside the Milan Triennale and the Milan Furniture Fair.

The Lumière's journey through 25 years of history is based on a video installation with 26 screens looking back and key world events that have shaped the last quarter of a century.

Founded in Murano, Italy, Foscarini sought to go further than other manufacturers working with glass by introducing new details and using new technology. The Lumière table lamp was created in the early days of Foscarini, before the firm had gained the international renown it enjoys today.

Lumière was one of the first hit designs for Foscarini. AFP

The Lumière was invented in 1990. HANDOUT

Tables that go beyond just four legs

INNOVATION

Designers experiment with process, unique woods

When you think "table," you're likely to imagine a set of four legs and a top.

When Peter Harrison thinks "table," he conjures up all kinds of unusual versions. For instance, instead of hiding the structural connections in his tables the way it's typically done, he brings them centre stage. Steel cables, rods and fasteners become important parts of the design.

"I find these elements give life to my pieces," says the furniture designer, from Middle Grove, N.Y. "They're a view of exposed structure, yet not a complete vision. A glimpse of what's inside."

At his booth at this spring's Architectural Digest Design Show, Harrison had a striking dining table on display called Oahu: a glass circle perched on a truss of sapele (an African heartwood) legs, joined together with aluminum brackets and steel bolts. Some of his other tables resemble bridge spans, with sinews of aluminum cabling suspended between concrete, wood or acrylic struts.

Tables were a highlight at the show, held recently on Manhattan's Pier 94. It was a venue for both established and emerging furniture designers from North America and around the world. The crowd numbered more than 40,000.

Designer Kino Guerin of Melbourne, Que., has been experimenting for the last 10 years with a vacuum lamination process. He combines industrial-grade plywood with rare woods and veneers to craft fluid, elegant tables.

The Nebula table was inspired by a curled paper ribbon. Walnut and sweet gum veneers curved into the aptly named Toboggan. On Guerin's Salto console, the legs on one end do a loop-de-loop as they stretch to the floor.

Designers Michael Bell of Belfast, Northern Ireland, and Susan Zelouf of New York have a studio in an old chocolate factory in Dublin. They work with unusual woods like koto, red birch, black Bolivar and Makassar ebony, embedding surprising yet beautiful elements into their tables like koi fish or, shown at the Architectural Digest Show, monarch butterflies.

ReSAWN Timber of Telford, Pa., showed a nice example of their Charred collection: The walnut table had been blackened using an ancient Japanese technique called shou sugi ban. The process involves charring the wood, misting it lightly with water before it's cooled, and then brushing, sealing or staining it.

The charcoal preserves the wood, acting as a barrier against insects, rot and fire, while accentuating the natural grain.

KGBL's Pintor black walnut coffee table was another standout, with chamfered edges, brass inlay, and a top of handmade glass that's available in jewel tones like topaz and aquamarine.

The Terranova coffee table's top was hewn from a single block of marble, set on a bronze base.

THE ASSOCIATED PRESS

The Pintor coffee table is carved from black walnut inlaid with bronze. The chamfered frame holds a handmade glass top, available in jewel tones like topaz and aquamarine.

ALL PHOTOS ALAN TANSEY/KGBL

> **They're a view of exposed structure, yet not a complete vision. A glimpse of what's inside.**
>
> Peter Harrison, on incorporating connections into his designs

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metro SPORTS

"I'm 0-2 in that regard and so I think I'll stay away": Raptors GM Masai Ujiri has no profanity-laced rant planned to start this year's post-season

Nucks sign hometown boy

NHL

Stecher wrapped up season with an NCAA title

Cam Tucker
Metro | Vancouver

Troy Stecher will now be given the opportunity to play for his hometown team.

The University of North Dakota defenceman, who just concluded his junior year with an NCAA championship last weekend, signed a two-year contract with the Vancouver Canucks in a deal announced Wednesday. Stecher had narrowed down his list of potential teams to five, before choosing the Canucks.

According to News 1130 Sports, the Canucks beat out the Edmonton Oilers, Montreal Canadiens and Philadelphia Flyers in signing Stecher, who is from Richmond and played his junior hockey in Penticton, where he also won a national championship in 2012.

"As a little kid, I dreamed about playing for the Canucks," the 22-year-old Stecher told Metro. "I'm kind of educated on the fact that I understand hockey is a business now but at the end of the day, I'm still really excited to be joining the Canucks.

"The hard work begins now this summer."

On Tuesday, GM Jim Benning said he'd like to add some college free agents, and Stecher represents such a signing. He joins an organization that could use added depth on the blue line.

Following three seasons in Penticton, Stecher graduated to play for North Dakota, where he scored eight goals and 29 points, eight of which came on the power play, in 43 games this season.

This has been a whirlwind few days for Stecher.

Troy Stecher, right, recorded 29 points in 43 games for North Dakota this season. BRUCE CRUMMY/THE ASSOCIATED PRESS

> **As a little kid, I dreamed about playing for the Canucks.**
> Troy Stecher

His team in North Dakota won the national title and four days later, he inked his first NHL contract.

Listed at five-foot-nine, Stecher admits he isn't the biggest of defencemen. But his skating ability and competitive streak have been highlighted as strengths, and he isn't afraid to join the rush.

He said he doesn't emulate his game after just one, specific NHL defenceman. Instead, he'll pick up on certain strengths of different players. Stecher did list NHLers like Jared Spurgeon, Duncan Keith and Dan Boyle as so-called undersized defencemen who have had success in the NHL.

"I think the biggest thing is just stay true to who I am as a player, which is a defenceman that plays two ways. Not the biggest guy but I like to use my stick and the frame I do have to angle guys into position where I'll be successful," he said.

ATLANTIC DIVISION

Lightning strike for early series lead

Nikita Kucherov scored twice and Alex Killorn snapped a third-period tie with his 11th career playoff goal, giving the Tampa Bay Lightning a 3-2 victory over the Detroit Red Wings in Game 1 of their first-round series Wednesday night.

Ben Bishop had 34 saves for the defending Eastern Conference champions, who got the winner from Killorn less than two minutes after a potential go-ahead goal was waived off when Detroit coach Jeff Blashill successfully challenged that Tampa Bay should have been called for offsides before Victor Hedman scored. THE ASSOCIATED PRESS

Alex Killorn THE ASSOCIATED PRESS

NHL PLAYOFFS

Wild limp into first round
The Minnesota Wild are hurting going into their fourth consecutive playoff appearance.

Top scorer Zach Parise (25 goals) won't even travel for the first two games because of an upper-body injury that has kept him off the ice for more than a week. The Wild will also be without Thomas Vanek (18 goals).

They will open their first-round series in Dallas on Thursday night against the Stars. THE ASSOCIATED PRESS

METROPOLITAN DIVISION

Debuting goalie pushes Pens to win

Patric Hornqvist had a hat trick and Jeff Zatkoff made 35 saves in his first ever NHL playoff appearance as the Pittsburgh Penguins took a 1-0 series lead with a 5-2 victory over the New York Rangers on Wednesday night.

Goalie drama dominated the series opener with the 28-year-old Zatkoff making a surprise start in place of Marc-Andre Fleury. Rangers starter Henrik Lundqvist exited the game after the first period after being struck near the eye by the stick of a teammate.

GAME 1 In Pittsburgh

5	2
PENGUINS	RANGERS

Sidney Crosby had a goal and two assists while Tom Kuhnhakl also scored for the Penguins.

Derek Stepan struck twice for New York. THE ASSOCIATED PRESS

IN BRIEF

Atletico ousts Barcelona
Lionel Messi, Luis Suarez and Neymar all failed to deliver as holder Barcelona was dumped out of the Champions League quarter-finals on Wednesday in a stunning 2-0 defeat by Spanish rival Atletico Madrid.

Barça's star trio was kept in check by tough defending from the home side, and France's Antoine Griezmann scored a goal in each half as Atletico overturned a 2-1 loss at Camp Nou in last week's first leg to win 3-2 on aggregate.
THE ASSOCIATED PRESS

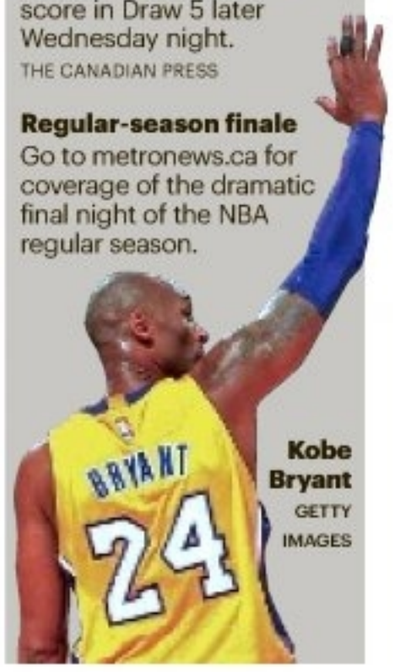
Blue Jays' bats wake up
The Toronto Blue Jays turned back the clock Wednesday night, delivering a performance that was reminiscent of the squad that reached the playoffs last year.

Starter J.A. Happ worked six solid innings and the Toronto offence broke open a tight game with a four-run eighth inning in a 7-2 victory over the New York Yankees at Rogers Centre. THE CANADIAN PRESS

Koe still in world championship form
World champion Kevin Koe is one of four curlers to start off the Grand Slam of Curling Players' Championship with a perfect 2-0 record.

Koe, who won the men's world curling title last week, beat Charley Thomas 6-4 in Draw 3 before downing Glenn Howard by an identical score in Draw 5 later Wednesday night.
THE CANADIAN PRESS

Regular-season finale
Go to metronews.ca for coverage of the dramatic final night of the NBA regular season.



Kobe Bryant GETTY IMAGES

RECIPE Sweet Pea and White Fish Chowder

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

A lovely and light chowder that will make you think you've traveled to some sleepy fishing town filled with character.

Ready in
Prep time: 15 minutes
Cook time: 25 minutes

Ingredients
- 1 tbsp olive oil
- 1/2 onion, finely chopped
- 1/4 cup diced pancetta
- 2 1/2 cups mini white potatoes, quartered
- 1 cup stock
- 3 cups milk
- 1 cup peas
- 250 g skinless, boneless white fish, chopped into chunks

1 cup peas
- 2 tbsp fresh chopped dill
- salt and pepper

Directions

1. Heat oil in a saucepan, add onions and pancetta and cook until onions are softened and pancetta is browned.

2. Add the potatoes and cook for 2 to 3 minutes. Pour in stock, cover and simmer for 12-15 mins or until the potatoes are tender.

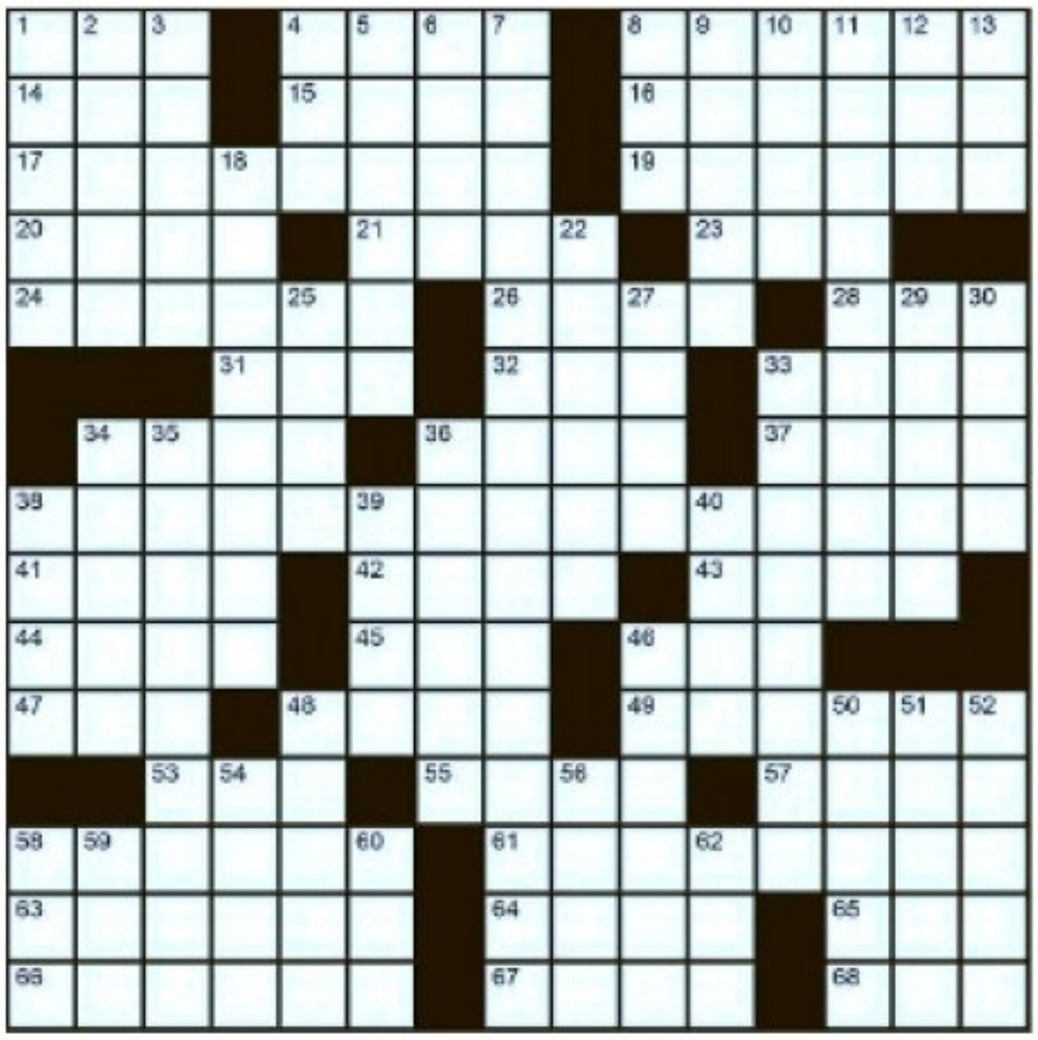
3. With a slotted spoon, remove half the potatoes from the stock and set aside. Transfer the remaining potatoes, stock into a blender or food processor, add the milk and whizz until smooth.

4. Pour mixture back into the pan, add the peas, fish and reserved potatoes. Cover and gently heat for 3-4 mins until the fish is just cooked through — don't boil. Stir in dill then season to taste.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Canadian screenwriter/actress Ms. Vardalos
4. Soup's holder
8. Christie __-O (Canadian cookie brand)
14. Kingston's prov.
15. __ mortals
16. Sign up
17. Bit of info relayed by the anchor to the viewers: 2 wds.
19. Latin for 'and others': 2 wds.
20. Colourful fish
21. Dial
23. Global currency org.
24. Missed baseball swing
26. 1994 Jodie Foster movie
28. Initials-sharers of Apollo's portrayer in "Rocky" (1976)
31. '80s Pres. monogram
32. Ms. Zadora
33. Screen's spotted-sub sound
34. Prefix to 'phobia' (Fear of heights)
36. Sty cry
37. Govern
38. Asparagus, for one: 2 wds.
41. Choice, briefly
42. NBA officials
43. Meow ...meanly
44. Hairstyle
45. MLB's Diamondbacks, on scoreboards
46. Bilk
47. Director Mr. Lee
48. Nero's 2550
49. Destroyed
53. Farming feed
55. Skin care company
57. Roof's overhang
58. Acadian songstress Edith
61. Face-to-face: 2 wds.
63. Motto
64. Haves and have-__
65. Commuter's purchase [abbr.]
66. Titanic-survivors-rescuer Carpathia was a steamship of what ocean liner company?
67. Wordlessly exclaim "Oh, my goodness!"
68. Yeah

DOWN
1. Taboos
2. Awkward
3. Battling: 2 wds.
4. Fitness stat.
5. Dr. __ (Food empire which owns the desserts line by #18-Down, such as #7-Down ...while Smucker's owns #18-Down's marmalades)
6. Songbird sort
7. Prepare-it-at-home dessert product under the label at #18-Down: 3 wds.
8. Membership __
9. Up to
10. Apothecary weight
11. Canadian athlete Mike Weir's gear: 2 wds.
12. __ Lilly and Company
13. Old music high note
18. Originated-in-Toronto family company known for fruit spreads, as well as #7-Down
22. Human __ (Earth people)
25. Tae __ do
27. Place for a dock
29. Prince Harry's brother, fun-style
30. "Pursuit of the Graf __" (1956)
33. More masterminful
34. Galley garb
35. Flin Flon, Manitoba is right near this Saskatchewan town
36. Exaggerate
38. Furry friends gr.
39. 'Tele' suffix
40. Archaic pronoun
46. Vatican vaults
48. Complaint to an Otologist, "___ hurts, Doc."
50. Hit off 1986's 'Control'
51. Call forth
52. Mishaps fixed at garages
54. Aquatic organism
56. Old World buffalo
58. Grad letters
59. Arctic knife
60. Boxing bout div.
62. Sixth sense, shortly

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
This is an excellent day for business and commerce. Look for ways to boost your income or to improve your job, because you have the edge!

Taurus April 21 - May 21
Mercury is in your sign today, dancing with lucky, moneybags Jupiter. This is a great day for business and financial conversations, because you believe in yourself!

Gemini May 22 - June 21
Your confidence is strong today, which is why you are willing to explore new ideas and listen to what others have to say. Behind-the-scenes news might benefit your home scene.

Cancer June 22 - July 23
This is a wonderful day to schmooze with others! It's also an excellent day for classes, meetings and conferences. Everybody wants to talk and get into the act!

Leo July 24 - Aug. 23
This is a great day to make plans for the future, especially by creating organizational systems. Business and commercial activities are favored. Ask the boss for what you want!

Virgo Aug. 24 - Sept. 23
You will enjoy the study of philosophy, law and medicine today, because you are hungry to expand your mind. This is also a great day to make travel plans for the future.

Libra Sept. 24 - Oct. 23
You couldn't pick a better day for discussions about inheritances, taxes, debt and shared property. All parties involved will be fair-minded and generous to each other.

Scorpio Oct. 24 - Nov. 22
You will enjoy sitting down with a partner or close friend to discuss practically anything today, because you are in such a positive frame of mind. This is a great day to deal with groups.

Sagittarius Nov. 23 - Dec. 21
Co-workers are supportive today. In fact, you will enjoy almost anything that you do at work today, because you feel happy and hopeful.

Capricorn Dec. 22 - Jan. 20
Social diversions, the arts, movies, sports events and playful activities with children are wonderful choices for you today. You feel happy, upbeat and ready to enjoy life!

Aquarius Jan. 21 - Feb. 19
Family discussions will go well today. In particular, this is a good day to tackle big projects that entail repairs and improvements to where you live.

Pisces
Feb. 20 - March 20
You understand the Power of Attraction. You also understand that thoughts manifest into reality. Today your positive frame of mind makes you happy.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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Your daily crossword and Sudoku answers from the play page.

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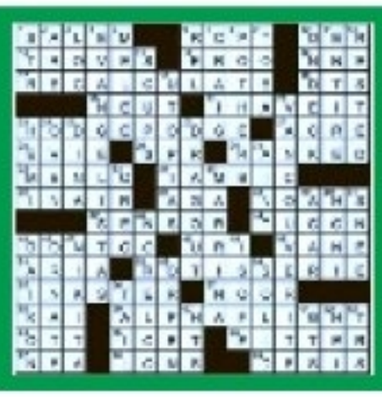

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4	3	2	8	7	9	6	5	1
5	7	4	2	1	8	3	6	9
2	9	6	4	3	7	5	1	8
3	1	8	6	9	5	7	4	2

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